GRAPEVINE
VISITACION·VALLEY

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Developments Booming in City's Last Frontier

by Steve Glumaz

Change has arrived for Visitacion Valley and the Bayview in the form of both residential and potential economic development which has observed the consumption of the City's least expensive properties

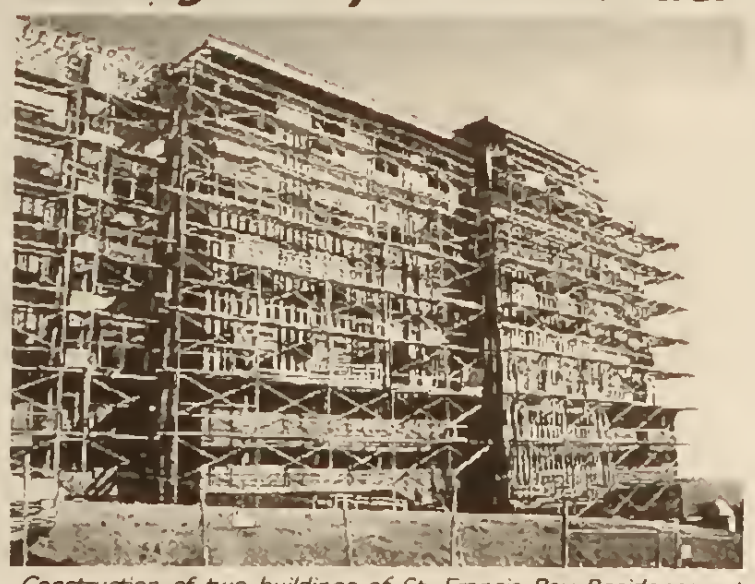
With the Executive Park construction of 560 condominiums encroaching upon completion and added shopping outlets slated to open therein, developers and individuals are acquiring property where project housing once stood at breakneck speed

"Visitacion Valley and Bayview will start looking like Manhattan, where those working at the lower end (financially) will be commuting from Pinole, Hercules and Antioch, as compared to those commuting from Queens, the Bronx and Staten Island," said Robert Middleton of Renaissance Realty in San Francisco. "Since February of '99, homes were $240,000, and now those same houses are worth $300,000. The homes are selling to singles kind of people, which precludes families if you really want to live in San Francisco. Add $300 a month in childcare and you can't keep a family here where most homes are two-bedrooms, unless rooms are built for family members downstairs while the nuclear family is upstairs."

According to Manuel Ramos a journeyman carpenter through Local 22 who helped construct the new low-income housing in Visitacion Valley, older homes being purchased are much better to live in than new ones being built in suburbia.

"It's *boom city* here in the Valley," he explained. "The older homes have more craftsmanship, more detail, plaster instead of sheetrock, artistic trim work, and real hardwood floors with creek-type sounds--a touch of class, not pressed wood or plywood. You won't go wrong, especially if you do the work (remodeling) yourself, it's fun and cheaper--the last of the city's affordable houses."

But Visitacion Valley and the Bayview still have a cancer, and that cancer is crime. Although on a decline as disclosed in community literature with "more upscale people moving in, they won't tolerate it and tend to run the riff-raff away," said a community member.



Construction of two buildings of St. Francis Bay Residences at Executive Park is scheduled to be completed before spring of 2000.

Soon to be developed into a parking lot for the new Home Depot opening in the Valley next year, part of this area behind the Schlage Lock site and adjacent to Caltain's Bayshore Station will also become the new southern terminal for Muni's newest light rail line.

Another potential problem for both the Valley and Bayview includes the possibility of toxic soil nearby in the old railroad land. And with Home Depot and Muni light rail expansion soon to begin construction, traffic and noise pollution are of paramount concern to both community and business members. In fact, the Executive Park project alone calls for 4,255 parking spaces needed to support its almost 2,000,000 gross square feet of residential and retail outlets. According to an Executive Park Transportation Study report, Blanken Avenue through Little Hollywood will have a large increase in traffic added to that from game days at nearby 3Com Park as a result of Executive Park expansion.

According to Martha Dominguez, a public health nutritionist in the City,

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HUD Report Shows Growing Shortage of Affordable Housing

WASHINGTON - The number of houses and apartments that families with low-wage incomes can afford to rent is shrinking, burdening more families with high housing costs and threatening many with homelessness, according to a Department of Housing and Urban Development report issued today.

"The sad truth is that more and more people working at low-wage jobs, as well older Americans living on fixed incomes, are being priced out of the housing market as rents rise," said HUD Secretary Andrew Cuomo.

The new report, called The Widening Gap: New Findings on Housing Affordability in America, has four main findings, based primarily on new data from the U.S. Census Bureau's latest American Housing Survey.

Despite a period of robust economic expansion, the housing stock affordable to struggling families continues to shrink. The number of such affordable rental units decreased by 372,000 units--a 5 percent drop--from 1991 to 1997. Struggling families are defined as those with incomes at or below 30 percent of the area median.

Rents are rising at twice the rate of general inflation. According to U.S. Bureau of Labor Statistics data, in 1997 rents increased 3.1 percent while the overall Consumer Price Index (CPI) increased by only 1.6 percent. In 1998, rents increased 3.4 percent while the overall CPI increased 1.7 percent.

As the affordable housing stock shrinks, the number of renters at or below 30 percent of median income continues to grow. Between 1995 and 1997, the number of struggling renter households increased by 3 percent, from 8.61 million to 8.87 million--one of every four renter households in America.

The gap between the number of struggling Americans and the number of rental units affordable to them is large and growing. In 1997 for every 100 households at or below 30 percent of median income, there were only 36 units both affordable and available for rent.

"The four findings in this report clearly demonstrate that the affordability gap in rental housing is at crisis levels and continues to worsen," the report says. "The continued widening of this gap can be attributed in large part to the lack of federal appropriations for new housing assistance."

Congress Members Barbara Lee of California and Bruce Vento of Minnesota joined Cuomo at a news conference on the new report and called for more federal funding for affordable housing.

The report says President Clinton's Fiscal Year 2000 budget that calls for HUD to issue 100,000 additional rental assistance vouchers is needed to stop the loss of affordable housing.

The figure for 30 percent or less of the area median income varies in different communities, but the national figure amounts to $12,900 a year for a family of three and $14,350 for a family of four. That's more than the $10,700 annual income of a person working full-time at the national minimum wage of $5.15 an hour.

In areas with high living costs, the 30 percent of median income figure is higher, putting affordable housing even further out of reach of low-wage families. For example, in the Washington, DC area the limits of 30 percent of median income are $21,250 for a family of three and $23,600 for a family of four. The latter figure is more than two people working full-time at the minimum wage would make in a year. Localized figures for 30 percent of median income are available on the web (see note at top of release).

After four years when Congress did not provide funds for HUD to issue new rental assistance vouchers, Congress provided HUD with 50,000 new vouchers for the current fiscal year. HUD now provides housing assistance through Section 8 rental assistance to 3 million households and subsidizes public housing units for another 1.3 million households--for a total of 4.3 million.

In the past, Congress has responded to findings of serious housing affordability shortfalls by providing new rental assistance. For instance, the period between 1985 and 1987 saw a decline in the number of families in need of affordable housing. This period saw the number of rental assistance vouchers issued by HUD grow by 80,000 to 100,000 additional families each year. In the 1970s Congress often provided vouchers for hundreds of thousands of new families each year.

"The nation is in the midst of an affordable housing crisis," said Congresswoman Nancy Pelosi. "Millions of parents must choose between having a roof over their family's heads or putting food on the table. That is a choice no parent should have to make."

Parent Workshops at Valley Beacon Center

Visitacion Valley Community Beacon Center will be offering Parent Workshops this fall in the early evening.

Conducted by Dera Blake, the workshops are designed to empower parents to help build positive relationships with their children while covering issues such as self-improvement and personal-development growth. They will be held in Room 101 at the Beacon center at Visitacion Valley Middle School.

Classes will be held from 5 to 7 p.m. For workshop dates and more information, call Michael Bennett, Beacon adult program director at 452-4907.

Anonymous Hotline at Middle School

Under a banner to "Keep our schools safe for everyone," Visitacion Valley Middle School (VVMS) recently established its *VVMS Hotline* at **281-8406** that both students and neighbors can use to phone in anonymous messages.

Senior Housing Market Ideal in Northern California

According to the Concord Group, a San Francisco-based consulting firm, firm, Northern California's senior housing market is ideal for establishing successful active adult communities (AAC). To differentiate their communities and attract an under-served market segment, developers are now incorporating elements into their housing developments that accommodate seniors who want to live in an AAC without moving away from family, friends and other community ties.

Their are currently 14 AACs in Northern California that provide this enhanced lifestyle for active adults, seven of them large-scale communities of 500 homes or more. The 14 different projects are planned for a total of approximately 29,000 units, and of these, 13,000 units remain to be built.

With a total annual absorption rate of about 3,000 units, their is approximately four years of remaining inventory in the pipeline and plenty of room in the Northern California market for locally oriented projects that follow these guidelines to create successful AACs.

California has the largest retiree population. One out of every 10 state residents, 3.7 million individuals, is over 65 years of age. With the Baby Boom generation, those born between 1946 and 1964, entering pre-retirement and retirement age, California's senior population is projected to double by the year 2020. The state's total population is expected to increase by only 60 percent over the same period.

The Concord Group has found that developers of master plan communities are taking note and planning ways to include this market segment in smaller, more intimate project sizes that offer less than 500 units are mixed into a community that includes a variety of family types.

"As long as the AAC has a separate club house in which to sponsor activities and the critical mass to create a full-fledged community, it can be successful on a smaller scale than the standard *Sun City* model pioneered by Del Webb in Arizona in 1960," said Mary Borsanyi, a principal of the Concord Group. Sun City was the first full-scale, age-restricted community designed to accommodate active seniors.

A study conducted by the Commerce Department's Office of Senior Living concluded that the key influences for retiree relocation to specific geographic locations include: natural beauty, warm weather, reasonable cost of living, affordable and plentiful healthcare and inexpensive housing. Retirees are more likely to move out of their current community if these key factors are present. In addition, the 10 percent of seniors who would be inclined to live in an AAC would choose one locally if it were available. According to Borsanyi, "Small town environments, relatively close to major metropolitan centers, are offering 275 to 500 homes that are attractive to seniors."

Choosing the Right School For Your Child

San Francisco Unified School District (SFUSD) is now accepting applications for Fall 2000 during an open enrollment period that ends on Jan. 7, 2000.

All parents want their children to receive the best education possible. This means taking the time to choose the school that best meets your child's needs and interests. Parents are encouraged to visit several schools and carefully consider the variety of educational options available in San Francisco's public schools.

Parents of incoming kindergartners and students who are new to the SFUSD must register for school, including the school located in your neighborhood. Parents of students who are currently in fifth and eighth grade should also apply for middle and high school, even if they want their children to attend the school closest to home.

Applications can be picked up at any San Francisco public school or at the Educational Placement Center, 555 Franklin St. Assistance is available in Chinese, Spanish and Tagalog. For more information, please call 241-6085.

Late Night Fire Awakens Neighbors

A charred wall of a neighboring building on Desmond Street still remained from a frightening fire which woke the Valley at 2:20 a.m. on Oct. 17 when a large pile of debris was suddenly ignited behind the Visitacion Valley Branch Library. Neighbors had reportedly complained to authorities of the trash being too close to their properties.

GRAPEVINE MAILBOX

New Local Housing Would Cause Traffic Congestion in Valley

Following is a letter sent recently by the Visitacion Valley Asians Alliance to Diane Wong of the San Francisco Planning Department about residents' concerns of traffic congestion due to new housing developments in the neighborhood

Dear Ms Wong.

I am writing to address a **very serious** concern about the culminating effects of the present and upcoming building developments in and around our community.

As a 10-year resident of Visitacion Valley and the spokesperson of our group, I have close contacts with hundreds on non-and limited-English speaking residents in the southeast sector of San Francisco Currently I am serving as vice-chair of this organization and in the past I was a member of Muni's CAG group for the soon-to-be-constructed light rail

Recently I had the opportunity to attend the Executive Park development. After the concern of massive traffic congestion was brought up by several members, everyone voted to get more information before the group was willing to endorse the plan

I am familiar with passenger needs because I have been a Muni rider for more than 30 years I share many daily frustrations with fellow Muni passengers and other commuters in the mornings For the past year we have been frequently delayed by the bottleneck traffic congestion leading to the two freeways Some riders resorted to buying their own vehicles to speed up the trip Others have been leaving home earlier than before in order to beat the traffic.

I received the Executive Park development report and have had time to read it However, common sense tells us that EIR reports of only **one out of many housing developments** in and around Visitacion Valley CANNOT adequately portray the realities of our neighborhood

We cannot imagine the **traffic nightmare** when the **massive** Executive Park project and the following developments are built

A Heritage Homes, Britton Street development, and the John King Senior Center in Visitacion Valley,

B. Home Depot clients will bring in hundreds of cars into our community;

C. The international branch expansion of the United States Postal Service on Bayshore Boulevard,

D The full occupation of the Sunnydale housing complex,

E Brisbane Technology Park development,

F. More than one hundred units of housing developments on the neighboring hillsides;

G. The future developments near the Caltrain tracks,

H. The thousands of cars brought by the Cow Palace and the 3Com Park visitors;

I. The **elimination** of possibly two (out of the existing six) traffic lanes on Third Street and Bayshore Boulevard for construction of the extended light rail line,

J Other corporations will likely capitalize on the opportunities from our community and bring in more traffic.

While our community wants to benefit from economic opportunities for our residents, we have to be realistic about the culminating effects they will have on our transportation system. We don't need to wait for the year 2015 to know. One morning, one of my students from San Francisco City College was kind enough to offer me a ride to my teaching assignment in Chinatown because my regular bus was delayed for almost 45 minutes

Since the study for the Executive Park Development took at least a few months to complete, some of the traffic information presented may be obsolete and because this EIR only focuses on the immediate area of the project To be realistic, its traffic study should include EIRs of all proposed projects that I happened to know and mentioned earlier. They should all fit into a more realistic and comprehensive neighborhood plan

We are therefore presenting the following input

1. The possible widening of the existing six traffic lanes leading to the two freeways (because the light rail may take two of these lanes in the future).

2 Since the combined Asian population in the southeast sector is said to **exceed** that of Chinatown, information on such major projects should be translated in order to inform and get input from these residents. Incidently, Visitacion Valley has about 55 percent Asians who are predominantly English-handicapped Muni has not provided appropriate surveys to these language diverse residents who **constitute at least half the passengers on our local busses.** Public information such as this should be advertised in the mass media as well.

3. Since the rate of development exceeds the slower rate of information gathering, we propose an independent monitoring group be established to provide our residents with updated and unbiased information.

4 All studies must be inclusive of the culminating effects of the present and upcoming developments within and around the neighboring communities.

5 All developments should be inclusive of representatives from major groups. Brief and concise multilingual information sheets should be available to residents for comments. It's unfair to expect some so-called "community leaders" to disseminate this important information because most of the residents have absolutely no information all this time.

6. Since frequently delayed Muni passengers may receive some negative comments from their supervisors, late busses should not "add insult to injury" by expecting bus fares. Some of the passenger' jobs may he at stake as a result of repeated delays Also, from experience, some of the supervisors and drivers need to be more professional and knowledgeable about the scopes of their jobs.

7. It would be helpful if Muni drivers could provide tardy slips to stranded passengers for them to present to their supervisors.

8. In the future, hopefully, the Light Rail would be able to extend all the way to Balboa Park to facilitate passengers in connecting to other lines.

I hope this gives you a better idea of the existing traffic problems from the perspective of our residents without some of the developments being built. Please advise all developers in and around Visitacion Valley to provide complete and comprehensive plans to include the culminating effects of other projects as well. One of the main reasons many residents are opposed to the Home Depot development is because of the massive traffic gridlock it can cause in our community.

Thank you for your kind attention.
Sincerely,
Marlene Tran, spokesperson

Tax-Aide Program Looking for Volunteers

Dear Editor:

We at the Tax-Aide Program of the American Association of Retired People are looking for volunteers. Tax-Aide is the largest program providing free income tax assistance to seniors and other low and moderate income Americans. Last year, 31,000 trained volunteers helped, without charge, 1.5 million people with their federal and state income tax returns.

We would like to expand our program in San Francisco but we need more volunteers willing to give a few hours each week during the income tax season. Volunteers attend classes in January where they receive extensive training, using materials developed by the Internal Revenue Service. Those who are interested and would like further information should call AAPR at 1-888-227-7669 or in San Francisco call Dick Johnston at 469-9493. Additional information can also be found on our website at www.aarp.org/taxaide/

Sincerely, Norma Ensner

Court Declares State's Smog Fee for Vehicles As Unconstitutional

The California Court of Appeal, Third Appellate District on Oct. 1 declared unconstitutional the $300 Non-Resident Vehicle Smog Impact Fee imposed by California on persons registering used vehicles that were previously registered outside the state.

The Smog Impact Fee is paid almost exclusively by people moving into California and registering the vehicles they bring with them. If everyone entitled to a refund filed a claim, the State would be required to refund approximately $250 million

The Court of Appeal agreed with the trial court that the Smog Impact Fee violated both the Commerce Clause of the United States Constitution and Article 19 of the California Constitution.

Unless the Court's ruling is modified by the California Supreme Court or United States Supreme Court, the Department of Motor Vehicles (DMV) will be required to stop charging the $300 fee, which it is still collecting. It also must refund the fee, plus interest, to all persons who paid the fee and who file a timely refund claim. However, in light of other parts of the Court of Appeal's rulings, the DMV will not voluntarily notify taxpayers of the need to properly file refund claims nor will it automatically file claims on their behalf

Leonard B. Simon, one of the lead lawyers for the plaintiffs, referred to evidence that the California Legislative Counsel had advised the Legislature that the $300 fee was unconstitutional both before and after its approval in July 1990. He stated that "the Court's ruling on the remedy is very unfortunate It means that California can pass an obviously invalid fee, collect hundreds of millions of dollars, and then keep virtually all of the money collected by making the claims process very difficult." Simon further stated that "such a system gives government a perverse incentive to impose unlawful taxes, knowing they will get to keep most of the money. The remedy for this violation should be modified by the California Supreme Court or by the Legislature."

In the interim, however, Simon strongly urges those who are eligible for refunds to file claims as soon as possible in order to preserve their rights. "People who paid the Smog Impact Fee may lose their right to a refund if they do not file a refund claim," he stated.

Information about the procedures for filing a refund claim can be obtained by calling toll-free 1-877-SMOG-FEE or by visiting www.wwca.com on the Internet. Downloadable claim forms are available on the website.

Beijing Revisited in CCSF Slide Lecture

John Wilde offers his unique view of life in Beijing from the perspective of an American studying in China *Beijing Revisited*, a free slide lecture, will be presented on Thursday, Nov 18 from 12:30 to 2 p m. in Visual Arts 114 at S F. City College

For more than eight years, wilde, a City College counselor, has spent a sabbatical year and numerous summers studying the Chinese language in Beijing. In 1998 he presented a slide show titled *14 Months in Beijing* filled with street adventures and anecdotes. One year later, Wilde encountered a different political climate upon his return to China.

In *Beijing Revisited*, Wilde reflects on changes in China's capital city after China's bid to join the World Trade Organization was rejected. He recounts how students in Beijing also reacted to the NATO bombing of a Chinese embassy in Belgrade by vandalizing the U.S. Embassy in Beijing.

FDA Approves First Medication for the Treatment of Social Anxiety Disorder

(NAPS) Is being embarrassed or looking foolish among your worst fears? Do you avoid activities in which you are the center of attention? Does the fear of embarrassment cause you to avoid doing things or speaking to people? Do you suffer from social anxiety disorder?

Social anxiety disorder, also known as social phobia, is the most common anxiety disorder and the third most common psychiatric disorder after depression and alcoholism. Recently, the U.S Food and Drug Administration approved Paxil® (paroxetine HCl) for the treatment of social anxiety disorder, making it the first and only medication approved for this disorder in the United States.

"I used to have the feeling that I was going to be presented with a situation where I would have to be the focus of attention and then I'd make a fool out of myself or embarrass myself," said Steve Fox, a social anxiety disorder sufferer. "There was this constant anxiousnessÑsocial anxiety disorder affected my life in a very harsh way."

People with social anxiety disorder have an intense fear of being scrutinized by other people in social or performance situations, and of negative evaluation. They literally become "sick with fear" and are afraid of acting in a way that will be embarrassing or humiliating, causing them to avoid such situations in the future or endure these *everyday* situations with dread. These situations may include: speaking in public, initiating or maintaining a conversation with strangers or people in authority, participating in meetings or classes, attending parties or dating. Social anxiety disorder does not discriminate, and affects people from all walks of life.

"Studies have shown that Paxil can dramatically decrease the symptoms of social anxiety disorder," said Jack Gorman, MD, professor of psychiatry at the College of Physicians and Surgeons at Columbia University. "And I've seen people taking Paxil be able for the first time to comfortably negotiate business meetings or social events, like going to parties, where previously their anxiety overwhelmed them."

Many people with social anxiety disorder also suffer from other mood and anxiety disorders such as depression, panic disorder and obsessive compulsive disorder The good news is that Paxil is approved to treat all of these disorders.

Paxil is generally well-tolerated People taking MAO inhibitors should not take Paxil As with many medications, there can be side effects. Side effects could include decreased appetite, dry mouth, sweating, nausea, constipation, sexual side effects in men and women, yawn, tremor or sleepiness Most people who experience side effects are not bothered enough to stop taking Paxil

For more information on Paxil and social anxiety disorder, please visit http //www paxil com and see your physician

For more information on social anxiety disorder, please call the Social Anxiety Disorder Coalition at 1-800-934-6276.

CDC Reports Little Progress in Reducing Smoking in U.S.

Smoking rates in the US have remained virtually unchanged in the last decade, according to the latest Centers for Disease Control and Prevention *Morbidity and Mortality Weekly Report*.

Some 48 million Americans smoked in 1997, or 24 7 percent of the nation's adult population, the same rate as 1995 According to the survey 27.6 percent of men and 22.1 percent of women smoked in 1997, with the highest smoking rates among 18 to 44 year olds

Officials say the smoking rate of 18 to 24 year olds, which rose from 24.8 percent in 1995 to 28 7 percent in 1997, is likely the result of growing levels of teen smoking. "For the first time that we've been collecting data, there are as many young adult smokers, 18 to 24, as there are middle-age smokers," said Michael Eriksen, director of the CDC's Office on Smoking and Health

The survey also found 26.7 percent of blacks, 25.3 percent of whites and 20.4 percent of Hispanics smoked regularly in 1997 Adults who lived below the poverty line were more likely to smoke than those living above the poverty line, and high school dropouts were three times more likely to smoke than college graduates.

About 44 3 million adults described themselves as smokers who had quit. As a result, the CDC expects to fall short of its goal to reduce smoking to 15 percent of the adult population by 2000.

Eriksen commented, "During the 1990s we've made virtually no progress whatsoever. The fact that we can't get rates below 25 percent really speaks to the addictive power of nicotine."

Join Together Online

GM To Test Next Dimension In Safety: Collision Avoidance

(NAPS) General Motors (GM) has entered into a major research program to test innovative crash-warning systems that will aid drivers in avoiding collisions.

The General Motors and U.S. Department of Transportation's $35 million joint research program will create prototype crash-warning systems and involve extensive testing of the collision avoidance technology in real-life situations The collision-warning systems are expected to caution drivers of potential hazards ahead of them through audible tones and visual displays.

"Our objective with this real-world study is to develop and integrate key technologies that can accelerate the introduction of a cohesive vehicle package with both forward collision warning and adaptive cruise control," said Dr Lawrence D Burns, vice president for GM Research & Development and Planning, the lead GM unit for the program.

"GM's partnership with the government in this innovative crash avoidance research program underscores our belief that the best crash protection we can provide is to help people avoid the collision altogether," Burns said "It also demonstrates our leadership in automotive safety research and our commitment to meeting increasing consumer demand for advanced safety systems in their vehicles."

In addition to measuring the effectiveness of the collision warning systems, the program will also provide valuable information on driver acceptance of the technology.

The new collision warning technology aids in detecting and assessing hazardous conditions in a vehicle's forward path, such as a rapidly decelerating or stopped vehicle, and alerting the driver. Adaptive cruise control can adjust the speed of a vehicle to match that of another one in front of it

GM will lead the vehicle systems integration and assemble the vehicles. Delphi Delco Electronics Systems will provide expertise, along with GM, in adaptive cruise control, forward collision warning and driver/vehicle interface. The University of Michigan Transportation Research Institute (UMTRI) will manage the field testing and The Volpe National Transportation Systems Center, based in Boston, will analyze the field data.

The first phase of the five-year program will involve development of prototype vehicles equipped with the crash avoidance technology. The second phase will include field testing of vehicles in Southeastern Michigan and will involve more than 100 licensed drivers from the area.

Each driver will have unsupervised, unrestricted use of a specially-equipped vehicle for at least two weeks. On-board computers will download data daily via vehicle cell phones to UMTRI computers for analysis. Also, data will be collected by recording devices, in post-test interviews and at clinics to help gauge customer reaction.

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From the DA's Office

Volunteer School Worker Sentenced For Embezzlement

Elois Lloyd, also known as Elois Quiroz, was sentenced Sept 28 for the embezzlement of $326,000 from St Monica's Catholic Grammar School and the Archdiocese of San Francisco. Lloyd stole the money from the school during the years 1990 to 1997 while working as a volunteer bookkeeper Supreme Court Judge Donna Little ordered Lloyd to serve two years in State Prison and to pay restitution for the entire amount stolen

The conviction and sentence resulted from and investigation conducted by the Special Prosecution Unit of the District Attorney's Office.

"This is another example of so-called white-collar crime that this office will not tolerate," said District Attorney Terence Hallinan. "We will prosecute such cases to the fullest extent to hopefully serve as a deterrent to others who may be contemplating similar crimes"

The investigation was stirred after the school's principal reported problems while attempting to pay legitimate school expenses. The administrator discovered than an account that should have contained enough funds to cover school costs did not have anywhere near the funds that it should have had

When the principal attempted to get explanations from Lloyd, who had access to the account, Lloyd was uncooperative and the matter was referred to the archdiocese and then, subsequently, to the district attorney's office for investigation.

After being confronted with the facts of the case, Lloyd pleaded guilty to one count of grand theft

Murderer Sentenced For Second Time

District Attorney Hallinan on Oct. 4 applauded the sentencing of a man who used kitchen utensils to brutally stab his victim to death 14 years ago.

Robert Anderson was convicted of second-degree murder and sentenced to 16 years to life for the killing of Jack Greisman, who was found dead in his home on May 13, 1985. It is the second time Anderson has been convicted and sentenced on the same charge.

Fingerprints led police to Anderson. He confessed, then claimed police coerced him. He was convicted but the appellate court threw it out "based on the totality of the prosecutor's misconduct in unfairly taking advantage of the court's evidentiary ruling, arguing beyond the record and commenting on the defendant's right to remain silent at trial."

"This guy was a satanic worshiper and he stabbed the victim 21 times," said Assistant District Attorney Andrew Clark upon hearing the sentence.

Guilty Verdict in Same Sex Domestic Violence Case

A San Francisco woman was convicted Oct 6 of three misdemeanor counts of domestic violence after wielding a knife at her former partner who refused to engage in sex with her

Honorine Anderson was convicted of domestic violence battery and of intimidating a victim/witness after a scuffle with her housemate last June Anderson was also found guilty of obstructing or injuring any line or apparatus of the telephone after she took the telephone from the victim and ripped it from the wall to prevent the victim from calling for help

District Attorney Hallinan applauded the verdict as being in line with his office's crackdown on spousal abuse, including same sex domestic violence, even when the incident appears to be relatively minor.

"Domestic violence is the kind of thing that often starts out small but escalates over time It is extremely important to nip these episodes in the bud because they can become much more dangerous and lethal," said Hallinan.

"These cases can be hard to prove because, as in this case, the victim is often reluctant to file charges or carry through on the prosecution. But we are setting a tone· zero tolerance for domestic violence, period"

According to police reports and court testimony, Anderson and the victim had an off-and-on relationship for several years that had ended for a couple of months when the assault took place last June

However, for economic reasons, both woman still lived in the same house the night Anderson's demand for sex was rebuffed. Anderson became angry, grabbed a kitchen knife and threatened to kill herself before pointing it toward and threatening to harm the victim.

The victim told police that when she picked up the telephone to summon help, Anderson ripped it away But later the victim recanted her statement both to police and at trial Three times in court, she excused Anderson's action's, saying that Anderson was drunk and didn't know what she was doing.

"But the jury did the right thing and convicted the defendant on three of four misdemeanor counts," said Assistant District Attorney Machaela Hoctor who prosecuted the case "They felt very sorry for the defendant but knew that they had to set those feelings aside."

Anderson could face as much as three years in jail and a $1,000 fine

"I've done numerous cases where the victim recants," said Hoctor, "but the juries always say it is important for us to intervene and hold the (assailant) accountable--to protect victims who, due to economics, fear and intimidation are sometime not in positions to testify"

Family Violence No Longer Leading Cause of S.F. Women's Deaths

District Attorney Hallinan on Oct. 6 released a report that shows that not only is domestic violence waning in San Francisco but also that, for the first time in eight years, spousal attacks are not responsible for the majority of female homicides.

The report: *Domestic Terror: Family & Domestic Violence Homicide Cases in San Francisco* was released following a rally and March to End Domestic Violence at the Westbay Filipino Multi-Cultural Center at 179 Seventh St.

According to the report, of the 11 solved homicides of women in 1998, five or 45 percent were the result of domestic violence, a 10 percent drop in such murders from the previous year

"The drop in the domestic violence murder rate is great news," said Hallinan following the march and rally "But even one such death is one too many and we refused to be satisfied until we have completely eradicated domestic violence and its poisonous effects on our communities"

Hallinan was particularly disturbed by the fact that the study showed that all of the domestic violence murder victims in 1998 were women of color The five spousal-related fatalities last year included a Chinese-American, two Filipina, an African-American and a Latina.

Because of language barriers and cultural sensitivities, immigrants and women of color are often more isolated, leading to a reluctance to report and a greater willingness to tolerate much abuses along with an inability to seek and obtain services from a variety of support networks, the study said

Indeed, the report concluded that many women of various persuasions are either too ashamed to seek services or are unaware of the programs and laws designed to ensure their safety

Among other things, the study also found that often there is a distrust of service providers, a fear of immigration consequences and, for some, a bewildering bureaucratic process that further inhibits access to badly needed programs and aid

Mary Lou Castillo, whose sister was killed by a boyfriend last year, praised the District Attorney's office for its anti-domestic violence programs and implored all women to take advantage of the services available through community organizations

"There are things that can be done Lives can be saved if you seek out help early when problems first happen," said Castillo, speaking mainly to the women who had paraded several blocks in the *March to End Domestic Violence* "Don't let what happened to my sister happen to yours"

Conviction for Many Attacks on Prostitutes

District Attorney Hallinan on Oct 8 praised the conviction of a man who preyed on prostitutes including one he beat with a hammer, then put unconscious body into the trunk of his car and later tossed her body into the bay for dead.

Jake Bokin, 56, was found guilty of 25 felony counts stemming from a string of sex crimes that included attempted murder, rape, false imprisonment, sexual battery--with great bodily injury--against four women.

Bokin could be sentenced up to 27 life terms in state prison

Hallinan said the verdict sends a strong message that San Francisco prosecutors are cracking down on violent crimes, particularly those against women

"There are multiple life sentences hanging over this man's head and I'm sure he is never going to see the light of day," said Hallinan. "These are the kind of crimes that as a city we cannot tolerate and that as district attorney I plan to prosecute to the fullest These were brutal, terrible crimes and my office will continue to remove from our midst the people who commit them"

Hallinan said the cases send a signal that the district attorney's office will protect the rights of women and pursue predators no matter who the victims might be.

"It was a tough and tangled case, and Assistant District Attorney Elliot Beckelman did a tremendous service to this city by winning it. I'm proud of the job Beckelman did to get this predator off the streets"

The case culminated after a 20-day trial and more than a week of jury deliberations, becoming the first ever trial in which a man has been convicted for assaulting three women who happened to be prostitutes

Three of the four victims in the case were street-walkers who were terrorized after encountering Bokin as a would-be client.

Man Guilty in Hate Crime Related Case

After a three-day trial, Philip Baptista was convicted Oct 25 of vandalism for painting swastikas on two Catholic church buildings Each of the counts is punishable by up to six months in the county jail.

"We cannot let hateful messages and images be sprayed on our places of worship," said District Attorney Hallinan. "People have a right to feel safe and secure, particularly in their churches and synagogues And we intend to do everything possible to ensure that"

Defense testimony during the trial suggested that Baptista was psychotic and delusional, and in need of psychiatric treatment. But Assistant District Attorney Thanh Ngo said the case went to trial because Baptista refused to participate in any treatment programs.

"I think some of the jurors even felt the guy was mentally ill and needed help--which was our position too," said Ngo, who prosecuted the case "But we offered him diversion to get the appropriate help and he flat-out refused At the same time, he needs to acknowledge that what he did was wrong."

In January, 1998, Baptista painted a swastika on St. Ignatius Church at the University of San Francisco. And while that case was still pending, he painted another of the hateful symbols on the Archdiocese of San Francisco on Church Street.

Sailor in Gay Sex Case Convicted of Murder

The office of District Attorney Hallinan registered its 17th murder conviction in a row Oct. 28 with the guilty verdict of a sailor who beat and choked his victim to death.

After 2 1/2 days of deliberations, a jury of nine women and three men found Steven Nary guilty of second degree murder in the death of newspaper publisher Juan Pifarre

"We were appalled by the level of violence involved here and decided from the outset that we would aggressively prosecute the case," said Hallinan. "Our Homicide Unit has been vigorous and dedicated about removing violent criminals from our midst. I am especially proud of the way Assistant District Attorney John Farrell handled this trial

Nary was 18 years old and in the Navy when he killed Pifarre, 54, in March 1996 in Pifarre's Potrero Hill flat.

Nary had claimed he acted in self-defense to ward off homosexual advances from Pifarre who had paid Nary $40 for oral sex but later demanded anal intercourse

During the ensuing struggle, Nary created what prosecutor Farrell called "a blood bath" in the apartment, eventually choking his victim to death

During the trial, the defense characterized the incident as Nary's way of "resisting unlawful sodomy

"They argued it was self defense and the jury said it wasn't," Farrell said "The jurors were very careful and took their job seriously It was a tough case for them to handle but they were very methodical"

Nary will be sentenced on Nov 30 and faces a minimum term of 15 years to life in state prison

Arrest Warrant for Landlord Obtained

District Attorney Hallinan announced Oct. 28 that his office had filed criminal charges against San Francisco landlord Tom Anderson, also known as Hiroshi Arai, owner of an Inner Sunset apartment building Anderson is charged with committing an unlawful eviction under the San Francisco Rent Ordinance.

In stark violation of the law, Anderson evicted three tenants under the pretense that Anderson intended to occupy their apartment as his own home However, after the tenants moved out, Anderson converted the living room and the dining room of the apartment into bedrooms and then rented the apartment to eight new tenants--increasing his monthly rental income from $1,343 to $3,200

The evicted tenants, including one who had lived in the apartment for five years, were forced to move to more expensive housing One of them was forced to move out of San Francisco altogether.

"On its face, this seems to be fairly blatant and is exactly the kind of thing that the ordinance was supposed to protect against," said Hallinan. "Its' not right and it's not fair Given the skyrocketing rents and shortages of housing in this city, my office will continue to review all complaints of illegal evictions whenever they are brought to our attention

Such violations are punishable with a $2,000 fine and/or six months in the county jail

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Ingleside Station Police Report

"On Sept. 27 at 11:16 p.m. on the 300 block of Arlela Avenue, Inglesrde officers responded to a burglary in progress. The suspects had gained entry into a residence. When the police arrived the suspects fled the home. The suspects then entered a second residence next door to the first. The police followed them but the suspects fled again. A foot chase followed and several officers were able to take into custody the two suspects. Both male suspects were each charged with two counts of burglary, possession of stolen property, delaying and resisting arrest. Case 991190679

"On Oct. 6 at 9:47 p.m. on the unit block of Farragut, Ingleside officers responded to a call of a missing adult. The missing adult turned out to be a victim of a car jacking. The victim had a vehicle for sale. There was a subject who responded to the ad for the vehicle. The subject met the victim at his house and they both took the car for a test drive. A few blocks from the victim's home the subject stopped the vehicle and a second subject got into the car. The suspects were armed with a gun which they threatened the victim with several times. The victim was driven to Palo Alto where he was later able to escape his kidnappers. The gun was recovered by police. The first suspect was a Hispanic male, 20-25 years old, 5'5", 140 lbs. He was called "Peter" by the second suspect and was possibly Hispanic. He had slicked back hair, thin mustache, a white jacket with black sleeves. The second suspect was 5'5", 150 lbs. and had a chubby face. He had a fair complexion, clean shaven, and had short hair. He possibly had on sun-glasses, a red sweat shirt with a hood, and was carrying a two way radio possibly a scanner. Case 991230366

"On Oct. 11 at 6:43 p.m. on the 100 block of Oxford St., Ingleside officers responded to a call of a robbery. The victim was getting out of her car when a suspect came up from behind and grabbed her purse from her. The suspect then fled the area. The suspect was described as a black male juvenile approximately 5'8", 110 lbs. between the ages of 10-12. He was wearing a red tee-shirt and dark pants. He had medium length hair and a medium complexion. Case 991249878

"On Oct. 15 at 11:00 p.m. at 4175 Mission St., Ingleside officers responded to a call of a robbery at Cala Foods. Three suspects approached the check out line with beer. One of the suspects refused to pay for the beer. He ran out of the store with it without paying. A second suspect attempted to run out of the store with a Halloween mask. The security guard stopped him at the door. A struggle ensued and the suspect told the guard that if he pulled out his gun the suspect would also pull out his. The suspect let go of the mask and ran out of the store. The three suspects got into a white 1983 Oldsmobile with a license plate of 1HNT639 and fled the area. Officers made a search of the area with negative results. The first suspect was a black male, 34-40 years old 5'10", 160 lbs. He was missing a front tooth and wearing a light brown coat, dark pants, and was clean shaven. The second suspect was a Hispanic male approximately 35 years old 5'5", 200 lbs. He was clean shaven and wore a light colored shirt with a pattern. He had a pot belly and had a light complexion. The third suspect was a Hispanic male approximately 20-27 years old, 5'6", 150 lbs. He was clean shaven and wearing a dark jacket. Case 991269791

"On Oct. 15 at 1:37 p.m. at 4648 Mission St., Ingleside officers responded to a call of a robbery at Wells Fargo Bank. A suspect approached the teller and handed her a note stating this was a robbery. The suspect then told her he was not joking. He also said he had a gun in his pocket. The teller turned over about $2,000 in currency. The suspect then left the bank. The suspect was described as a black male, 25-30 years old, 6'0", 180 lbs. He had a medium dark complexion and was of medium build. He was wearing a faded black baseball cap, blue/white checkered flannel shirt and faded blue jeans. He had on dirty tennis shoes and was wearing knee pads construction type. Case 991267331

"On Oct. 16 at 10:47 a.m. on the 100 block of Brookdale Avenue, Ingleside officers responded on a call of a possible death. Upon arrival the officers found a black male adult lying on the floor inside his home apparently dead. The officers were unable to determine the cause of death at that time. Case 991271025

"On Oct. 17 at 2:20 a.m. on the unit block of Desmond Street, Ingleside officers responded on a call of a fire at Visitacion Valley Branch Library. The fire department told officers that the fire was suspicious in nature. Case 991273388

"On Oct. 17 at 3:50 p.m. on the unit block of Cortland Avenue, Ingleside officers responded on a call of a robbery. The two suspects entered the house and pointed guns at the four occupants. The suspects then tied up the victims and ransacked the house. The suspects took several items then left the house. The first suspect a black male, 30-40 years old, 5'8", 170 lbs. He was light complected and had a 9 mm. weapon. The second suspect a black male, 30-40 years old, 6'0", 200lbs. He had a dark complexion and wore a ski mask. He had a machine gun. Case 991275055

"On Oct. 17 at 4:39 p.m. at University and Woolsey, Ingleside officers responded to a call of a stolen vehicle. The male suspect was taken into custody without incident and charged with driving a stolen vehicle, possession of stolen property, driving without a license, and driving under the influence. Case 991275196

"On Oct. 17, 1999 at 8:20 p.m. on the 700 block of San Jose Avenue, Ingleside officers responded on a call of a battery. The officers arrived on the scene and found several people holding down a subject. There were three suspects attempting to steal items from a vehicle. The owner of the vehicle came out and confronted the suspects. Two suspects escaped and drove off in a gray 1980 Datsun 280Z. The third male suspect was charged with attempted auto burglary and battery. The first suspect was described as a Hispanic male, approximately 20 years old, 5'6", 125 lbs. He was dark complected and was a white shirt and white pants. The second suspect was a Hispanic male approximately 20 years old, 5'8", 145 lbs. Case 991275839

"On Oct. 17 at 2:20 a.m. on the 400 block of Huron, Ingleside officers responded to a call of a robbery. The two victims had just driven up to their driveway. They were exiting their vehicle when two suspects approached them saying this was a "jacking." One of the suspects had an uzi-type weapon. The victim handed over her purse then her husband and she ran from the area. The suspects fled the area on foot with the victim's purse. The police arrived on the scene and a "foot chase" ensued. The officers caught one male suspect who was charged with robbery, conspiracy, possession of stolen property, parole violation, and resisting arrest. The second suspect was described as a black male, approximately 25 years old, 5'11", 170lbs. He was wearing a dark jacket and colored jeans. Case 991273463

Customers Can Tone Up on Ways to Get Best Service

(NAPS) Nearly every one of us is a customer in one form or another.

To be good customers, experts say, we have to identify how we can work better with customer service departments.

"The last thing any company intends is to test people's patience," said Kathy Kraft, senior vice president at the Prudential Insurance Company of America. She added that companies need to listen to customers and customers in turn need to learn how to best use customer service departments.

Prudential has some helpful consumer hints on making telephone and other customer service inquiries more effective:

*Good communication is essential. Whether we use the telephone or correspond via letter or e-mail, we need to keep our points simple and clear.

*Remember to have your account number, credit card number and other pertinent information on hand before calling or writing.

*Ask for the name of the customer service representative who handles your inquiry or problem. Accurate tracking can eliminate later annoyances.

Customer service personnel across the nation are recognized every October during National Customer Service Week, established by the International Customer Service Association (ICSA) in 1988 and proclaimed a national event by the United States Congress in 1992.

"Quality customer service is remembered and often keeps customers satisfied and coming back," said Kraft.

Simple Tips That Can Save Your Car's Engine

(NAPS) The cold facts are that cooling system failure is the number one cause of engine-related breakdowns. A major cause, many say is that the number of vehicles getting an antifreeze flush and fill every year to every four years has dropped by 19 percent since 1983.

The antifreeze/coolant experts at Prestone have a warning for those neglecting their cooling systems: You may be damaging or shortening the life of your engine. Antifreeze not only helps prevent the cooling system from freezing up or boiling over, it also contains special chemical additives to prevent serious damage from rust and corrosion. Without the additives, the by-products of corrosion can build up in the radiator and on key engine sensors. That's where engine trouble often starts.

Changing antifreeze/coolant can avoid trouble like freezing, overheating, corrosion and clogging.

Tips For Avoiding Disaster

Repairs for water pumps, radiators and other cooling system parts can be costly. Prestone experts offer these simple steps:

*Check and adjust your antifreeze/coolant at least once a year to maintain a 50/50 concentration of coolant and water. Coolant with too much water will not provide antifreeze protection and can freeze. A mixture with too much antifreeze cannot remove engine heat as well.

*Checking coolant concentration is easy. Your mechanic can do it, you can buy a testing device (hydrometer) or test strips.

*The best advice is to flush the system and change the coolant every year or two. That's because corrosion inhibitors that protect your system's metals deplete after a year or two. Your best bet is to change your antifreeze like clockwork. An easy way to remember to do this is to change your antifreeze when you change your clocks during daylight savings time.

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Vehicle Auctions Now on the Internet

PHILADELPHIA - Consumers interested in purchasing or selling a used car or truck can toss away the local want ads, for they now have a virtual vehicle auction site on the Internet. VehicleQuest com, a new web site launched on Nov. 1, is a consumer-to-consumer auction site that enables both buyer and seller to make the most of each vehicle transaction.

"This 'vehicle auctioning' includes cars, trucks, boats, motorcycles, recreational vehicles, parts and accessories, and basically anything with a motor in it," explained John McGratton, president of VehicleQuest com. "As our company slogan states, 'Does it have a motor? Yeah, we got that!'"

VehicleQuest com even has categories for car-related items, such as die-cast toy cars; vehicle-related clothing, such as jeep hats and motorcycle leathers; electronics equipment such as radar detectors, CB radios, and marine VHF radios; lawn and garden equipment; and farm and industrial machinery.

"In addition to helping consumers complete individual sales, VehicleQuest.com is committed to creating a well-rounded community of car and vehicle enthusiasts," added McGratton. "We will accomplish this by offering many services, including free email, free vehicle-related message forums, and a fully customized and discounted vehicle classifieds section." VehicleQuest.com has partnered with many respected industry leaders, such as Warranty Direct, Bidfind, Lending Tree, 1-Credit, Progressive Insurance, 1-Escrow, CarFax, Auto Detectives, and Advertisement Wizard Software. VehicleQuest.com will be offering the user community the option of auctioning vehicles off on behalf of a selected charity organization, generally with a tax deduction. The company is also in the process of negotiating a contract to provide seized government vehicles through the auction site.

"The government vehicles will be auctioned with no reserve price," commented McGratton. "Assuming the contract is finalized, consumers will be provided the unique opportunity to obtain quality cars at incredibly low prices."

For more information about VehicleQuest.com, visit the website at http://www.VehicleQuest.com or call John McGratton at 1-215-673-8345.

Lead Poisoning Is Still a Threat

(NAPS) There's a good chance that at least one child in every classroom is lead poisoned.

Imagine it's your child.

Nationwide, about one out of 11 children has dangerous levels of lead in the bloodstream, according to the Centers for Disease Control and Prevention. And while some think that lead poisoning is exclusively an inner-city problem, it is a hazard that cannot be ignored by anyone. The Department of Housing and Urban Development's (HUD) Campaign for a Lead-Safe America will be increasing awareness nationwide about some of the health risks associated with lead poisoning.

Lead dust can form when lead-based paint is dry scraped, dry sanded or heated. Lead chips and dust can get on surfaces and objects that people touch, while settled lead dust can reenter the air when people vacuum, sweep or walk through it. Although participating federal agencies state that lead-based paint in good condition is usually not a hazard, peeling, chipping, chalking or cracking lead-based paint needs immediate attention.

It's also important to pay close attention to surfaces with lead-based paint that children can chew or that get a lot of wear and tear. Windows and windowsills; doors and door frames; stairs, railings and banisters, and porches and fences could be potential breeding grounds for lead poisoning, according to lead experts.

Lead can also be found outside the home. Lead in soil can be a hazard when children play in soil or when people bring soil into the house on their shoes.

Lead poisoning can be as serious problem. Federal groups working in lead hazard awareness say that, if not detected early, lead can cause damage to the brain and nervous system, behavior and learning problems, slowed growth, hearing problems and headaches. Once parents are aware of the hazards, they can take steps to protect their children.

The first step is to clean up paint chips immediately to deter small children from putting them into their mouths. Then, clean window frames, windowsills, floors and other surfaces weekly to avoid build-up. After cleaning dirty or dusty areas, thoroughly rinse sponges and mop heads.

Small children are more prone to lead poisoning because they often put their hands and other objects in their mouths. To help avoid the toxin, wash children's hands often, especially before they eat and before nap time and bed time. Play areas should be clean--wash bottles, pacifiers, toys and stuffed animals regularly. Also, keep children away from windowsills or other painted surfaces.

Finally, clean or remove shoes before entering a home to avoid tracking in lead from soil, and make sure children eat nutritious, low-fat meals high in iron and calcium. Children with good diets absorb less lead.

By following simple precautions parents can significantly reduce the chance of lead poisoning in their children and other family members. If you think your child might be at risk for lead poisoning, contact a physician. And if you are planning to buy, rent or renovate a home built before 1978, you are required by federal law to receive the *Protect Your Family From Lead in Your Home* pamphlet. For more information on lead poisoning and to receive this free pamphlet, please call 1-800-424-LEAD.

Adding Aspirin to First Aid Kit May Save Your Life

(NAPS) Simply adding aspirin to your first aid kit may help stop you or someone you love from dying. Experts say the use of aspirin for heart attack first aid (as directed by a doctor) could save 10,000 lives each year. Read on for information on how to get a free refrigerator magnet with lifesaving tips.

Heart attack is the nation's leading killer, yet many sufferers deny their symptoms and do not take immediate action. Action taken within the first hours after a heart attack is critical to survival. The average sufferer gets to the hospital almost five hours after the onset of symptoms--significantly increasing their chance of dying. Therefore, it is important to be educated about heart attack symptoms and know when--and how--to react.

When a heart attack is suspected, call 911 or your local emergency number for help, and chew or crush and swallow a regular aspirin tablet as your doctor has directed.

React Early

Don't make excuses for heart attack symptoms. Take fast action if you think that you or someone around you is having a heart attack. Never mistake heart attack symptoms as *indigestion* or feel that you are creating a false alarm--acting fast can save lives.

The most common warning signs include: pain or heavy pressure in chest, pain in shoulders, neck or arms; lightheadedness; fainting; sweating; nausea, and shortness of breath.

Be Prepared

Know what to do if a heart attack happens to you or someone around you. Aspirin is not appropriate for everyone, so talk to your doctor now about whether aspirin is right for you during a heart attack. If it is, keep aspirin handy, and make sure it's not expired.

Take Charge

To educate Americans on heart attack prevention, the American College of Emergency Physicians has partnered with Bayer Aspirin to provide Americans with a free *Heart Attack? React!* brochure and refrigerator magnet with lifesaving steps to take during a suspected heart attack. To receive your free brochure and magnet, please call 1-800-231-5118.

Banks Will be Ready for Y2K

(NAPS) As prudent Y2K planning replaces gloom and doom predictions, many Y2K experts, including those in the government regulatory agencies, rate the banking industry as highly prepared for January 1, 2000.

Y2K--as it has come to be known--is the possibility that a great many computers will not be able to interpret the date 01/01/00 correctly.

Most banks are expecting business as usual. Since it is in their own best interest--not to mention yours--to experience as few problems as possible, the financial services industry has been working for years to prepare for when the calendar rolls over on January 1. Banks and the federal government are completing testing and beginning re-testing of systems to ensure the year 2000 arrives without major hassles.

The Federal Reserve (the Fed) has completed upgrading and continues date-testing internal computer systems for Y2K readiness and conducting critical Y2K testing with financial institution customers, according to a report dated April 13, 1999. The same report revealed that the Fed's reviews indicate 95 percent of the banking organizations it supervises are making satisfactory progress in their Y2K programs and have substantially met the Federal Financial Institutions Examination CouncilÕs (FFIEC) date testing guidelines.

To date, all of the approximately 10,000 federally insured financial institutions have been reviewed twice by the appropriate regulatory agency for year 2000 readiness. Follow-up reviews will continue through the century rollover.

Star Systems, Inc., the nation's largest electronic banking network, recently met the FFIEC's benchmark for Y2K preparedness. Star Systems' work, begun in 1996, covers 79 million ATM and debit cardholders with access to more than 70,000 STAR and HONOR ATMs and nearly 400,000 merchant point-of-sale (POS) locations.

Those still concerned about access to their funds over the new year should plan ahead, but don't overdo it. Following are tips from Star Systems for calm cash entry into the next millennium:

*Consider having enough cash on hand equivalent to what you would need for an extended weekend.

*If access to an ATM or retail location is inconvenient, consider traveler's checks or credit cards as a backup of your ATM/debit card.

*Be aware of alternate ATMs or retail locations beyond the one you normally use. There are thousands of STAR/HONOR ATM and retail locations to choose from across the country.

Additional information about Y2K preparedness for electronic transactions is available at the Star Systems web site at www.star-system.com.

Site on Internet Tracks California Businesses For Sale

DANVILLE - Approximately 1,461 small and mid-sized businesses were sold in California during October, with 16,901 total small and mid-sized businesses sold in California so far this year.

Viewers can see what types of businesses are selling and amounts of sale by getting onto the *California Businesses For Sale Online* website.

Considered a *central clearinghouse* by most California real estate agents, brokers and business owners, the website was created 6 years ago to track the number of businesses sold in the California marketplace while providing an ideal way in finding buyers wanting to purchase a business for sale.

It is estimated more than 80 percent of all California real estate agents/brokers, and business owners who are selling in the state of California utilize this site to sell a business. More than 12,000 viewers (mostly business buyers) visit the site each week to see what agents and owners have posted a business for sale. The site is updated every Monday and is free to view by visiting: www.califbusinessesforsale.com

Christmas in April Seeking Applicants For Annual Home Repair Program

Christmas in April is seeking San Francisco homeowners in need of home repairs for its 11th annual *Rebuilding Day*.

On Apr. 29, 2000, thousands of volunteers from business, labor and the community will come together in neighborhoods throughout San Francisco to repair and refurbish the homes of their low-income, elderly and disabled neighbors. All work is free of charge and everyone is encouraged to get involved.

Renovations and repairs vary from house to house, but may include: painting, carpentry, plumbing, plastering, electrical, appliance installation, and other tasks. Weatherization, clean-up and yard work may also be included. Each house will be provided with deadbolt locks, smoke detectors and lighted stairwells, if needed. *Christmas in April* does not do roof work.

Income guidelines and applications for homeowners, which must be submitted by a Nov. 30 deadline, may be obtained from *Christmas in April*, San Francisco by calling (415) 905-1611.

In April 1999, more than 4,000 volunteers from corporations, congregations and the community donated their time to make 45 homes and 22 non-profit facilities safer and more comfortable for their residents.

Working together in the tradition of neighbor helping neighbor, *Christmas in April, S.F.'s* skilled and unskilled volunteers make renovations that emphasize safety and energy conservation. They install handrails and grab bars, rebuild unsafe stairs, clean out debris, paint interiors and exteriors, provide minor plumbing and electrical upgrades, and clean up yards.

Christmas in April, S.F. relies on the support of labor unions, local businesses, service organizations, and volunteers. In addition to qualified homeowners, community volunteers are being sought with time, energy and the desire to make a difference. Tax-deductible donations of money or building materials and supplies are also needed.

Free Legal Consultation For Seniors in Valley

A free clinic providing legal consultation for seniors is held the first Wednesday of each month at various neighborhood centers around Visitacion Valley.

A collaborative project of provided by Khin Mai Aung, an Asian Law Caucus staff attorney in association with Chinese for Affirmative Action, past topics of discussion have included general legal rights, housing and eviction, and immigration and naturalization.

Next clinic will be held Wednesday Dec. 1 from 10 a.m. to 12 noon at John King Senior Center, 590 Leland Ave. For more information, call (415) 391-1655 and indicate you are calling for the Visitacion Valley Neighborhood Legal Clinic.

Senior Survival School in Visitacion Valley

Hosted by Senior Central District #7

Even if you missed the first sessions, you can still attend. The next two sessions will be held, November 15 and 22. Don't miss this free opportunity to learn about services, benefits and your rights from professionals and advocates.

Each date has a new topic . Scheduled speakers include:

November 15
Hugh Wang - Food Stamp Office
Rand Miller - Social Security Office
Maria Gonzalez - Department of Human Services - Medi-Cal
Corinne Parker - HICAP - Insurance Advocates
Christine Lau - Legal Assistance to the Elderly

November 22
Rebecca Graff - Senior Housing Collaborative
Chris So - San Francisco Housing Authority
Ann Havill - Mercy Charities
Mati Bates - Mayor's Office of Housing

Free refreshments each day. A special graduation celebration with cake, champagne and sparkling cider immediately following the November 22 session.

12:15 p.m. Bingo and prizes at the beginning of each session.
Sessions start at 1:00 p.m.

Senior Central District #7, 66 Raymond Ave (near Bayshore)
San Francisco, CA 94134

For more information contact Senior Central #7 at (415) 330-1789

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The Rev. Dr. Jerry O. Resus, Minister

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Sunday Worship Service: 10:30 a.m.
Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehersal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

The Puzzler Longest Railroad Tunnels

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I	G	N	V	X	O	E	I	Z	C	V	A	B	N	H	O	B	B	E	R
R	F	O	X	F	B	M	N	Z	C	Z	L	C	K	L	N	N	E	S	D
U	X	M	F	C	I	Z	V	B	U	U	D	M	H	E	F	M	R	A	C
K	B	A	B	Z	F	K	C	X	Z	C	V	B	N	N	I	G	G	R	B
O	T	M	U	V	X	Z	A	I	S	W	R	T	Y	N	N	J	V	E	N
H	C	X	Z	C	V	B	M	N	N	G	R	W	Q	U	B	D	O	I	F
L	C	V	B	N	Y	I	E	O	M	Q	A	X	D	T	X	X	N	L	C
W	E	R	T	Y	H	U	V	C	K	O	V	X	N	C	C	V	A	Z	D
V	C	N	X	S	Z	V	N	T	E	K	N	U	R	E	V	T	K	S	E
X	C	V	N	E	C	B	D	S	D	T	O	F	T	F	H	V	I	F	T
B	C	I	B	A	N	V	C	Y	E	M	G	R	H	E	N	B	E	S	Y
C	H	C	V	B	H	F	V	G	T	T	R	N	A	C	N	N	S	D	U
S	V	V	B	C	B	C	C	F	H	T	T	D	B	V	M	M	X	C	R

Aki
Apennine
Artberg
Cascade
Channel Tunnel
Dai-Shimizu
Flathead
Gotthard
Hokuriku
Kanmon
Keijo
Lierasen
Lotschberg
Moffat
Mont Canis
Mount MacDonald
Rokko
Santa Lucia
Seikan
Shimizu
Shin-Shimizu
Simplon

Historic Proportions

Match clues to answers.

1982

1 Country finally became part of NATO on May 30.

2 Country surrendered to Great Britain June 14 after prompting the Falklands War.

3. Sports fans are devastated for 57 days

4 More than 4,000 couples married by him at Madison Square Garden on July 15

5 They won Super Bowl XVI on Jan. 24

6. Surgery on Dec. 2 involved first of these.

7 Popular newspaper began publishing Sept. 15

8 Royal ship on Oct. 11 was raised 437 years after sinking.

9 Leader of Soviet Union died on Nov. 10.

10. World Series Champs on Oct. 20.

11. More than 800,000 demonstrated in New York on June 12.

12. U.S. banned travel here on Apr. 19.

13. World's Fair opened here on May 1.

14 Pope visited country May 29 for first time since 1531.

15 They won Hockey's Stanley Cup on May 16.

16 They became champs of the NBA on June 8.

17. They won the World Cup in soccer on July 11

18. First U.S. city on July 28 to ban handguns.

A. Mary Rose
B USA Today
C Leonid Brezhnev
D. Anti-nuke protesters
E. Great Britain
F. St. Louis Cardinals
G. NFL strike
H. Argentina
I San Francisco 49ers
J Knoxville
K. Artificial heart
L. Rev. Sun Myung Moon
M. San Francisco
N Italy
O. Los Angeles Lakers
P Spain
Q. Cuba
R. New York Islanders

Answers: 1-P, 2-H, 3-G, 4-L, 5-I, 6-K, 7-B, 8-A, 9-C, 10-F, 11-D, 12-Q, 13-J, 14-E, 15-R, 16-O, 17-N, 18-M

Sez Who?

Match quotes to speakers.

1 "History is an endless repetition of the wrong way of living."

2. "A country doctor needs more brains to do his work passably than the 50 greatest industrialists in the world require."

3. "Truth, like a torch, the more it's shook it shines."

4 "How many things I can do without!"

5. "It takes your enemy and your friend, working together, to hurt you to the heart, the one to slander you and the other to get the news to you."

6. "States as great engines move slowly."

7. "Show me a man who has enjoyed his school days and I'll show you a bully and a bore."

8. "It's mighty strange, without a doubt. Nobody knows you when you're down and out."

9. "Middle age is when your age starts to show around the middle."

A. Francis Bacon
B. Bessie Smith
C. Lawrence Durrell
D. Bob Hope
E. Robert Morley
F William Hamilton
G Socrates
H. Walter B. Pitkin
I. Mark Twain

Answers: 1-C, 2-H, 3-F, 4-G, 5-I, 6-A, 7-E, 8-B, 9-D

Five Years Ago In the Grapevine

NOVEMBER 1994

*Managers and employees of a UPS station adopted Visitacion Valley Community Center for 1994-95 where they did volunteer work with children, youth and seniors.

*State Assembly Speaker Willie Brown personally delivered a $50,000 check to the Ella Hill Hutch Community Center on Oct 28 to continue a successful *Midnight Basketball* program

*Visitacion Valley Task Force members expressed their concern with safety in McLaren Park during an Oct. 17 meeting about future development.

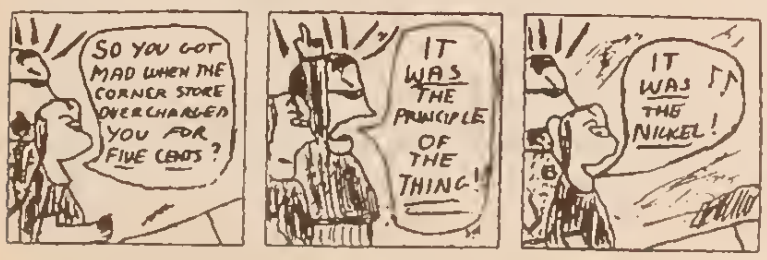
*St. James Presbyterian Church planned a *Church Fair* for November.

*Safety was a topic of discussion at a November meeting of the Hazardous Waste Facility Expansion Advisory Committee at the Korean Presbyterian Church in little Hollywood.

*Visitacion Valley Grapevine published its 100th issue.

*Visitacion Valley Elementary School was selected one of three schools in San Francisco to receive the *Honor Roll of Schools* awarded by S.F School Volunteers

Sump, the Grump



How America's Produce Harvest Gets to Our Shelves

(NAPS) From now until the final crop of tomatoes is harvested in December, a bounty of fresh fruits and vegetables is being delivered to our stores.

The U.S. is divided into 10 farming regions, almost all producing fruits and vegetables and most are located within a short drive from canneries. At the cannery, the food will be packed at the peak of ripeness, canned naturally without preservatives and sent pantry-ready to grocery stores around the country

"I've been growing vegetables for the past 45 years, and am amazed at how fast my beans are picked, packed and sealed in the can," said Allan Brooks of Markesan, WI, who produces 1,750 acres of beans, corn and peas for canning each year. "In the process of getting my beans to the factory, a lot of care is taken so food is wholesome and nutritious."

According to the Canned Food Alliance, the actual harvest date for canned food varies by a few weeks based on growing conditions through various states

Pacific: Of the nearly two billion pounds of pears grown in the United States, only 57 million are grown outside of California, Oregon and Washington.

California has one of the longest harvest seasons, with peaches, pears, carrots, green peas and tomatoes ripening through December.

Mountain: Due to the climate of this region, Idaho is the only Mountain state harvesting crops for canning with 16,100 acres of corn at its peak of production

Lake States: Wisconsin produces more than 233,100 tons of beans each year, almost double that of any other state. The Lake states are top producers of corn with Minnesota and Wisconsin, the second and third highest producers, ranking just behind Washington's nearly 824,000. Half of the nation's corn harvest travels directly to the cannery

Corn Belt: Don't be misled by the name. Ohio and Indiana are among the top three tomato producers, harvesting more than 325,000 tons. Corn is a main agricultural crop in this region but is grown primarily for animal feed.

Northeast: Beets, beans and peaches are the primary canning crops in New York, New Jersey and Pennsylvania.

Southeast: A warm climate and mild winter give this region one of the longest growing seasons for many crops, but peaches outrank them all.

Northern Plains, the Delta States, Appalachia and the Southern Plains have short growing seasons more appropriate for small production crops such as wheat, soybeans and cotton, rather than commercially harvested fruits and vegetables.

More than 120 pounds of fruits and vegetables are consumed annually per person. Commercial canning today has not changed dramatically since the first cannery opened in the 1800s.

Technology continues to enable canneries to process foods at a more rapid pace, ensuring its freshness. Hermetically sealing the food in steel cans prevents contamination, making canning one of the safest methods of food storage.

All canned food is thoroughly cooked, and as a consequence, preservatives are used in relatively few canned foods. As long as the cans remain sealed and are not damaged, the food maintains its nutrition and flavor for more than two years

Although polls show that many shoppers today believe canned food is less nutritious than fresh or frozen, an analysis of fresh, frozen and canned food conducted by the University of Illinois shows that once food is prepared for the table, canned food is equal and often better in nutrient levels.

Fresh fruits and vegetables may start out with more vitamins, but crops that go directly from field to processor often retain vitamins better than those that travel across the country and sit for days in produce bins or refrigerators.

The Canned Food Alliance is a partnership of the American Iron and Steel Institute's Steel Packaging Council, the Can Manufacturer's Institute and the National Food Processors Association's Canned Food Information Council.

Visit the Canned Food Alliance online at www.mealtime.org for more harvest information and photos, canned food recipes and nutritional facts.

Lightening Up Those Thanksgiving Left-Overs

(NAPS) Many American families will be faced with the same question on Nov. 26--what to do with the left-over turkey from Thanksgiving dinner. While the hot open-faced turkey sandwich with all the trimmings is a traditional favorite, Southwestern Turkey Wraps (The New American Heart Association Cookbook, 25th Anniversary Edition, Time Books $30.00) are even better! Heart-healthy and easy to fix, this recipe will keep holiday spirits high and is a delicious, light meal after the hefty Thanksgiving feast.

Southwestern Turkey Wraps

3 ounces fat-free or light cream cheese, softened; 2 tablespoons low-sodium salsa; 2 tablespoons sliced green onion, 1 teaspoon Dijon mustard, 4 8-inch nonfat or low-fat flour tortillas; 1-1/3 cups shredded lettuce; 6 ounces very thinly sliced or finely chopped roasted turkey breast, skin and all visible fat removed; 1/4 cup shredded nonfat or reduced-fat cheddar cheese; 4 strips red bell pepper, about 1/4 inch wide.

In a small bowl, combine cream cheese, salsa, green onion, and mustard, stirring well

To assemble, spread 2 tablespoons mixture over each tortilla. Layer 1/3 cup lettuce, one fourth of the turkey, 1 tablespoon cheddar, and 1 red pepper strip over cream cheese mixture Roll to enclose filling.

Wrap tightly in plastic wrap and refrigerate for several hours or until serving time To serve as appetizers, cut each tortilla roll into fourths. Serves 4

Caffeine Experts Clarify Controversies

If you think you know all there is to know about caffeine, you may be surprised. Caffeine is one of the most discussed and comprehensively studied ingredients in the food supply. But, despite considerable interest in this ingredient, some questions and misperceptions about the potential health effects associated with this ingredient still often persist.

A session held at The American Dietetic Association (ADA) annual meeting in Atlanta sponsored by the International Food Information Council recognized the confusion about caffeine and put the subject of caffeine and health into context for dietitians, nutrition communicators and the public in general. Three experts provided comprehensive information on caffeine in the diet and examined current clinical and epidemiological research conducted on caffeine and bone health, caffeine and addiction and caffeine and specific female reproductive issues

"Increased attention to caffeine naturally follows recent societal trends such as the increased popularity of gourmet coffees and a growing interest in teas," said moderator and ADA spokesperson, Edith Howard Hogan, RD,LD, in her overview of the environment today "The public is confused and dietitians and other health professionals can help answer their questions about caffeine.

"Illustrating her point, Hogan shared the results of an informal survey she conducted with ADA National Media spokespeople and ADA Resource spokespeople to learn what sort of questions they are asked by the news media. One of the key questions these spokespeople hear is, "Are there negative effects from consuming caffeine?" This and other questions were answered by the session's presenters.

Tom Lloyd, PhD, Professor of Clinical Epidemiology in the Department of Health Evaluation Sciences at Penn State University, shared findings from clinical research on caffeine and bone health in post-menopausal women and more recent studies on caffeine and bone health in teenage girls.

"The bottom line is that there appears to be no link between moderate caffeine consumption and bone density in women who consume some calcium in their diet," said Lloyd. "If you enjoy caffeine containing products in moderation, there isn't a need to discontinue them because of a long-term health consequences," said panelist, Herbert Muncie, MD, professor and chairman of the Department of Family Medicine at the University of Maryland Dr Muncie reviewed current research on caffeine as it relates to reproductive health and children's health. "There is no evidence that caffeine harms children or leads to hyperactivity," he said. "The real issue is nutrition, making sure that children are getting sufficient nutritious foods in their diets."

Indulge Guests with Taste, You with Time

(NAPS) Ah, the holidays! The harvests are in, and the sweet aroma of baking is in the air. If you're baking this holiday, give yourself a break. You can still enjoy the fruits of your labor even if your effort isÑquite frankly--not so laborious. With the right ingredients, you can whip up an extraordinary holiday dessert in just minutes!

Indulge your family and guests with a cheesecake delicately marbled with delicious blueberries. Or entice them with pudding parfaits packed with layers of cherries as thick as your fondest memories and as rich as your blessings. Simply follow these quick and easy recipes:

Blueberry Swirl Cheesecake

2 pkg. (8 oz. each) cream cheese, softened; 1/2 cup sugar; 1/4 tsp. vanilla extract; 2 eggs; 1 (9Ó) Graham cracker pie crust; 1

can (21 oz.) Comstock", or Wilderness More Fruit Blueberry Filling.

1 Preheat oven to 350 degrees Mix together cream cheese, sugar, and vanilla until smooth and creamy Add eggs; mix well.

2. Pour into the prepared pie shell Spoon about 1/3 of fruit filling on top Gently swirl with knife.

3. Bake for 40 minutes or until center is set Cool to room temperature; refrigerate Serve topped with remaining fruit filling. Serves 6-8

Cherry Chocolate Pudding Parfaits

2 cups milk; 1 pkg. (3.4 oz.) instant chocolate pudding mix

1 can (21 oz.) Comstock, or Wilderness Cherry Fruit Filling; 1 cup prepared whipped topping, additional whipped topping optional.

1. In a large mixing bowl, beat milk and pudding mix with a whisk or an electric mixer for 1-2 minutes or until blended.

2. Fold in 1 cup of fruit filling and 1 cup of whipped topping. spoon 1/3-cup pudding mixture into each of six parfait glasses. Top each with equal amounts of remaining fruit filling and 1/3-cup pudding mixture.

3. Garnish with additional whipped topping, if desired. Serves 6.

Note: Any fruit filling is perfect for a parfait. Substitute your favorite--raspberry, blueberry, or strawberry--to create a wonderful holiday treat.

Pour fruit fillings and toppings over cakes, waffles, or pancakes or use them as a baste for chicken, pork, or ham to make holiday recipes extra special. For more quick and easy dessert ideas, visit www.piefilling.com and let the baking begin!

Trees for Sore Sites

Friends of the Urban Forest presents *Trees for Sore Sites*, a talk on Thursday, Nov. 11 at 7:30 p.m. with Esta Kornfield, education coordinator for Friends of the Urban Forest at Bldg 1007 in the Presidio.

Salt air? Narrow sidewalks? Automobile pollution? Overhead utilities? Join Friends of the Urban Forest in exploring those trees that best tolerate the stresses of our urban environment Call 561-6890 ext. 108 for directions and to reserve a space.

Community Forum at Ingleside Station

The next Ingleside Community Forum is scheduled for Tuesday, Nov. 16 The meeting will begin at 7 p.m. and will be held in the Ingleside Community Room at Ingleside Station All are welcome

HUD Budget Will Expand and Preserve Affordable Housing, Benefit Senior Citizens and Create Jobs

WASHINGTON - The landmark $26 billion Department of Housing and Urban Development budget for Fiscal Year 2000 signed into law by President Clinton Oct. 20 will expand and preserve the supply of affordable housing, benefit senior citizens, create jobs, and help revitalize communities.

"This legislation is important and not just for what it will achieve but for how it was achieved," President Clinton said. "It was achieved because members of Congress chose to put aside partisanship and work with us in good faith, on matters crucial to the future of our nation."

HUD Secretary Andrew Cuomo joined the President in saying the HUD budget was a model of how bipartisan cooperation can be used to resolve remaining budget disputes.

"This is the best HUD budget of the Clinton Administration," Cuomo said. "The budget is a direct result of President Clinton's strong and effective advocacy of HUD programs, his willingness to veto any budget that failed to provide adequate funding, and his work with Congress."

"This budget benefits our nation by putting HUD back in the business of creating and preserving desperately needed affordable housing, jobs and economic development for America's people and places in greatest need," Cuomo added. "The budget is also a vote of confidence in the performance of the Department of Housing and Urban Development and the management reforms we've successfully implemented."

Cuomo said the budget, which provides $1.5 billion more for HUD programs than the Department received in Fiscal Year 1999, includes:

*60,000 new rental assistance vouchers--the largest expansion of affordable housing in seven years--along with increased funding for public housing, and a new initiative to protect residents of subsidized housing opting out of the Section 8 program.

*A Housing Security Plan for Older Americans that will enable HUD to develop a broad range of housing options to meet the changing housing needs of senior citizens.

*Major job creation and economic revitalization initiatives that include the new America's Private Investment Companies (APIC) initiative, a second round of new Urban and Rural Empowerment Zones, and redevelopment of formerly polluted commercial and industrial sites know as brownfields.

*Increased funding for public housing authorities, homeless assistance and prevention programs, and the fight against housing discrimination.

"Last February I said the budget President Clinton proposed for HUD would open new doors to opportunity for people throughout this nation," Cuomo said. "Today, I can say that the budget the President has signed achieves this important goal."

Here is a more detailed look at the highlights of the new HUD budget.

Expanding and Preserving Affordable Housing

*$347 million to provide new Section 8 rental assistance vouchers to 60,000 low-and moderate-income families. This exceeds the 50,000 new vouchers in HUD's 1999 budget. The expansion in this critical program follows a four year period between FY 1995 and 1998 when Congress failed to appropriate any funds for new Section 8 vouchers.

*An increase in public housing operating funds from $2.8 billion in 1999 to $3.1 billion in 2000, and funding of $575 million for the HOPE VI public housing revitalization program. These programs are transforming public housing by removing and replacing the worst units, restoring troubled public housing authorities to financial integrity, demanding household accountability and promoting greater income diversity.

*Extending and expanding a HUD initiative that will benefit people already living in apartments that receive Project-Based Section 8 rental assistance subsidies. During the past year, communities across the country have experienced the loss of thousands of units of affordable housing when landlords opted out of the Project-Based Section 8 program. When this happens, residents who can't afford big rent increases have to move out of their apartments, and many have nowhere to go. In the next five years, more than 900,000 HUD Project-Based Section 8 contracts with rental property owners will expire. In April, HUD began an emergency initiative to address the growing problem of opt-outs. The new HUD budget supports the approach HUD took in April by incorporating the emergency initiative into law. The initiative provides market rents to below-market properties most likely to opt out, giving landlords of high-quality housing an incentive to remain in the Section 8 program. To protect residents living in apartments that withdraw from the Project-Based Section 8 Program, the budget allows HUD to provide rental assistance that will allow residents to continue paying their current rents. The budget also takes other steps to protect residents.

The Housing Security Plan for Older Americans

This initiative provides a full range of options--a continuum of care - to meet the housing needs of America's senior citizens. This includes:

1) Continued funding of HUD's successful Section 202 elderly housing program at last year's level of $660 million.

2) A $50 million increase in funds to hire service coordinators, who help senior citizens get services they need to continue living in their HUD-subsidized apartments.

3) $50 million to convert existing HUD senior housing to assisted living facilities for senior citizens who need a higher level of care. The legislation also allows seniors already receiving assistance through housing vouchers to use the vouchers in assisted living facilities for the first time, enabling many to avoid moving into more institutional and expensive nursing homes.

4) An expansion of HUD's reverse mortgage program, which allows older Americans to borrow against the value of their homes without selling the homes, so they don't have to sell their homes to get needed cash.

Creating jobs and Revitalizing Communities

*$4.8 billion--a $50 million increase--for the Community Development Block Grant (CDBG) program, which is the mainstay of HUD's economic development activities. CDBG provides local communities with flexible tools and resources to meet local community development priorities and objectives.

*$20 million for the new America's Private Investment Companies (APIC) program. The $20 million investment provided in the legislation is designed to stimulate the investment of over $540 million in privately issued, government guaranteed loans and an additional $275 million in private equity capital. These funds will help businesses create jobs in inner cities and rural areas. *$70 million for communities selected earlier this year as part of a second round of Urban and Rural Empowerment Zones. The Empowerment Zones are designated areas that receive important federal tax incentives as well as direct federal, local and private funding for economic development and social services. A total of $55 million will go to these Round II Urban Empowerment Zones: Boston, MA, Cincinnati, OH; Columbia/Sumter, SC; Columbus, OH, Cumberland County, NJ, El Paso, TX, Gary/East Chicago, IN; Huntington, WV/Ironton,OH; Knoxville, TN; Miami/Miami-Dade County, FL, Minneapolis, MN; New Haven, CT; Norfolk/Portsmouth, VA; Santa Ana, CA, and St. Louis, MO/East St. Louis, IL. In addition, a total of $15 million will be provided to the following Round II Rural Empowerment Zones: Cordele, GA, Fargo, ND, the Oglala Sioux Reservation in SD; Riverside County, CA, and Ullin, IL.

*$25 million for Brownfields Redevelopment. Redeveloping Brownfields--moderately contaminated former commercial or industrial sites--and stimulating new investment to create jobs at the sites is central to the task of tapping markets in distressed communi-

See Page 8

Grapevine Want Ads

ATTENTION: OWN A COMPUTER? Put it to work!: 1-888-261-1949, $25-$75 PT/FT

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 330-8557

ANTI-RAPE ACTIVISTS NEEDED to support sexual assault survivors. San Francisco Women Against Rape crisis counselor training begins November 18. For information call (415) 861-2024

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines, small children's furniture, writing and/or art supplies, educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

BEEN THERE...DONE THAT! The Visitacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work--Job Readiness Training." Classes are conducted by sensitive community trainers from Visitacion Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

ADVERTISING IN THE GRAPEVINE for *Display:* Full Page $150; 1/2 Page $80; 1/4 Page $45; 1/8 Page $25; 1/12 Page $15. Discount for three or more insertions. Call (415) 467-9300 for more details. *Want Ads:* 20 words for $1. Extra line 50 cents. Mail ad and payment by last day of prior month to Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

S.F. Meetings

Aging 1st Wed 9:30a, Airport 1st & 3rd Tu 3p, Arts 1st Mon 3p, Education 2nd/4th Tu 7p, Health 1st/3rd Tu 3p, Housing Auth 2nd/4th Th 4p, Human Rights 1st/3rd Th 4:30p, Library 1st Tu 5:30p, Planning Th 1:30p, Police Wed 5:30p, Port 1st Tu/3rd Wed 4:30p, Public Utilities 2nd/4th Tu 2p, Rec and Park 3rd Th 2p, Social Services 4th Th 9a, Status Women 4th Th 4p, SF Supervisors Mon 2p

November 1999

14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

At Visitacion Valley Community Center: Mondays: Senior Shopping 11:30 a.m., **Tuesdays:** Senior Ceramics 9:30 a.m.-4 p.m., Senior Bingo 12:30 p.m., **Thursdays:** Sewing Class 9 a.m.-3 p.m. **USDA Food Distribution Day** is last Thursday of every month

San Francisco City Services

ABANDONED CARS	781-JUNK
ANIMAL CONTROL (stray, abused, dangerous animals)	554-6364
BUS SHELTER DAMAGE	882-4949
CHILD COUNSELING SERVICES (Huckleberry House)	621-2929
CITY TREES (trimming)	695-2162
CRIME-STOPPERS (anonymous crime tip line)	1-800-2GIVEINFO
DOMESTIC & FAMILY VIOLENCE (WOMAN Inc.)	864-4722
DPW (street trash)	(days) 695-2017, (nights/weekends) 895-2020
EMERGENCY SERVICES (provide location and complete descriptions)	9-1-1
EMERGENCY SERVICES (non-published number for cell-phone)	553-8090
GARBAGE SERVICE COMPLAINTS	255-3610
GRAFFITI CLEANUP (DPW)	241-WASH
GRAFFITI SUSPECT INFORMATION (leave message)	553-1603
INGLESIDE STATION (Anonymous tip line: 333-3433)	553-1603
LELAND AVENUE RESOURCE CENTER	585-2675
MAYOR'S OFFICE	554-7111
MAYOR'S OFFICE OF NEIGHBORHOOD SERVICES	554-6110
McATEER HIGH SCHOOL ANONYMOUS CRIME TIP LINE	437-4986
NARCOTICS TIP LINE (anonymous)	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT)	553-1200
POLICE (non-emergency)	553-0123
POTHOLE REPAIR	695-2100
SAFE (forming neighborhood watch groups)	673-SAFE
STREET LIGHTING CITY (out of order)	554-0730
STREET LIGHTING PG&E (wood poles)	693-3201
SUNNYDALE RESOURCE CENTER	586-7572
TRAFFIC SIGNALS (out of order)	550-2736
TRAFFIC ENGINEERING (to request new traffic control sign/device)	554-2300

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300

AUTOMOTIVE
BAYSHORE GAS & SERVICE (mechanic), 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
GARAGER BY TOP RACING, 130 Leland Ave. 333-5938
MR. CLEAN'S CAR WASH (Morton Bradley, detailing) 2501 Bayshore Blvd., 468-8831
TW AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
OeMASI'S BARBER SHOP, 35 Leland Ave
THE SHOP (JB), 178 Leland Ave., 239-6709
BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
McCALLS FOR HAIR, 3585 San Bruno Ave., 467-7319
MIZRENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6800
A NEW START HAIR STUDIO (Joyce Hollins), 224 Leland Ave., 584-3077
TAMMIE'S HAIR DESIGN, 3564 San Bruno Ave., 330-9636
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPER
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
CLOTHING
SPONA (designer fashions, Delores Logan) 9 Leland Ave., 239-9631
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 LelanSd Ave., 239-5500
DEVELOPERS
GENEVA VALLEY DEVELOPMENT CORP., 333 Schwenn St., 587-7895
TUNTEX U.S.A., 150 Executive Park Blvd. 468-6676
DISTRIBUTOR
PACIFIC FISH & POULTRY 2414 San Bruno Ave. 468-2355
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FINANCING
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
FLORISTS
CUPIO FLORIST, 36 Leland Ave., 585-7766
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145
GARDEN ORNAMENTS
SILVESTRI GAROEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800
SAMS DELI & LIQUOR, 25 Leland Ave., 239-7183
SARI-SARI FOOD STORE, 58 Leland Ave., 239-7183
7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646
SHIRELS GROCERY AND FLOWERS, 1401 Visitacion Ave.
SHUN LEE MARKET 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TAUTUA MO OE (Samoan grocery, gifts, fabric), 15 Leland Ave., 585-0509
TEDOY'S MARKET, 298 Teddy Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520
HAIR PRODUCTS
JA'DE HAIR PRODUCTS, 160A Leland Ave
HERBS
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
SAN ON HERBS, 33-A Leland Ave. 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
LOCKSMITH
M-3 LOCKSMITH, 200 Leland Ave., 587-8403
LODGING
THRIFTLODGE, 2011 Bayshore Blvd., 467-8811
MANUFACTURERS
NATIONWIDE PAPER COMPANY, 345 Schwenn St., 586-9160
MARTIAL ARTS
360 DEGREES MARTIAL ARTS, 38 Leland Ave., 452-4194
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwenn St. Appointments 715-0310
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500
ORGANIZATIONS
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 1652 Sunnydale Ave., 584-4044
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
SENIOR CENTRAL DISTRICT 7, 66 Raymond Ave., 330-1789
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION STATION U.S.P.O., 68 Leland Ave., 239-7520
PSYCHIC
MIRACLE CHILD (reader and advisor, palm, tarot, aura, confidential readings) 161 Leland Ave., 585-2192
REALTORS
CAMERON-JONES, INC (Cathy Kline-Saunders), 334-0800
HENRY SCHINDEL, 239-5850
RESTAURANTS
CLIFF'S BARBECUE SEA FOOD, 2177 Bayshore Blvd. 330-0736
G & L BAKERY AND RESTAURANT, 198 Leland Ave., 239-6283
HONG YUN RESTAURANT (Vietnamese), 73 Leland Ave., 469-5686
HSUN KUANG RESTAURANT (Chinese), 30 Leland Ave., (587-2763)
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjone Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
THE VILLAGE (community center), 333 Schwenn St. 239-5045
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES AND TRAINING (VVBESST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISITACION VALLEY FAMILY SUPPORT CENTER 251 Schwenn St., 469-2120
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwenn St. 239-2866
SHOE REPAIR
ARMANDO'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216
SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700
TAVERNS
THE CLUB HOUSE, 25 Blanken Ave
OLIVIA'S PLACE, 2600 Bayshore Blvd., 239-7711
TRAVEL
COMET TOURS & TRAVEL, 168 Leland Ave., 333-2996
GAMMS TRAVEL SERVICE, 34 Leland Ave., 333-9282
VIDEO
LELAND AVENUE VIDEO, 7 Leland Ave., 333-6288
SIN FUNG VIDEO, 144 Leland Ave., 586-1038

Halloween at VVCC Family School

Ana and her young friends at Visitacion Valley Community Center's Family School were ready for trick-or-treating this past Halloween.

Developments Booming In City's Last Frontier

From Page 1

"As the neighborhood improves economically, it will provide an opportunity for a better quality of life However, along with progress, there are always public health issues to consider such as noise and vehicle pollution."

Hence, in the Executive Park transportation impact analysis, the overall conclusion is that there would be significant impacts depending on the sort of effect it would have to the environment, existing transit system, and vehicles

As an example, a proposed new intersection at Harney Way and Executive Park West could result in an average delay of 10 9 seconds per vehicle Imagine then 15,000 to 40,000 vehicles attending a game at 3Com, at 10 9 seconds per vehicle. And these 10 9 seconds wouldn't even take into account the increased volume of traffic generated by the proposed Home Depot

"I think the Home Depot is a good thing for the whole community," said Thomas Tam owner of L&T Building Supply Company, whose business will stay put just a block down Bayshore Boulevard from the forthcoming Home Depot Tam, whose business offers all that a Home Depot does, on a property of approximately 14,000 square feet compared to a new Home Depot in East Palo Alto measuring 105,000 square feet, said an increase in traffic coming into the neighborhood is inevitable.

One way to reduce the projected extra traffic was put into action Oct. 15 with festivities commemorating the expansion of Muni's light rail service to the City's southeast sector along the Third Street corridor.

"Construction of the Third Street Light Rail is to begin around 2000, travel up to the Highway 101 overpass, south on Bayshore and East on Sunnydale to a new terminal," explained Sue Olive, a project manager for Muni. "Because buses get caught up in traffic, light rail is a positive contribution to improve transit service. The projected savings forecast is 11 minutes over the bus system in 2015 " The newest extension of Muni service is scheduled to be completed in 2003. .

Neighborhood traffic congestion may also be eased with the Giants no longer playing baseball at 3Com Park. But freeway access onto 101 North could suffer from closure of the Silver Street onramp. Still open today, the onramp has been secured from future access for an undisclosed reason, forcing those needing to access 101 North in the future to travel north on Bayshore to the Cesar Chavez Street entrance or use the ramp atop the 101 overpass at Bayshore and Third.

In contributing to public transportation for Visitacion Valley, Caltrain observes service approximately every 30 minutes at the Bayshore Station adjacent to Tunnel Avenue in Little Hollywood for commuters heading north to downtown San Francisco or south towards Santa Clara, an increase from every hour.

Most people in the community see the overall development of their neighborhood as positive, while others seemed unsure.

"You really don't know the neighbors anymore," remarked longtime resident Bruno Fomer, a ticket taker at 3Com, "but the development I see as positive "

"When the time comes," explained L&T's Tam, "I'll specialize in something in order to survive when the Home Depot opens its doors "

National Bible Week Returns in November

Encouraging everyone to read the all-time best seller—the Bible—is the focus of the 59th annual celebration of National Bible Week, Nov 21 through 28

"The Bible has had an undeniable influence on our culture's art, music, literature, laws and even our sense of charity," said Stewart Furlong, chairman of the sponsoring National Bible Association "For that reason alone, people should want to be familiar with this book "

Perhaps more importantly, countless millions of people over the centuries have looked to the Hebrew and Christian Scriptures for moral and spiritual guidance An interfaith observance, National Bible Week enjoys the cooperation of civic and fraternal groups and public libraries, as well as religious organizations. The sponsoring organization is solely composed of lay leaders from the business and private sectors, and has no official ties to any religious or faith community.

The first National Bible Week was organized by business and community leaders 59 years ago to offer the nation a source of comfort and hope in the dark days when Europe was engulfed in World War II. As it turned out, the nationwide radio broadcast that launched that first National Bible Week was aired on the evening of Dec. 7, 1941 as the American people grappled with the breaking news and consequent fears generated by the events earlier that day at Pearl Harbor.

SFUSD Holds Middle School Information Fair

Is your child in fifth grade? Now's the time to learn about choosing a public middle school in San Francisco.

There will be a Middle School Information Fair on Tuesday, Nov. 16 from 7 to 9 p.m. at Everett Middle School, 450 Church St. Meet representatives from all the City's middle schools while hearing about unique programs each school has to offer.

Registration for the 2000-2001 school year ends on Jan. 7, 2000 Call 241-6607 for more information.

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Arthritis Foundation Urges People with Rheumatoid Arthritis to Seek Treatment

(NAPS) Imagine struggling to brush your teeth, to put on your clothes or even to get out of bed in the morning because your joints are so swollen and stiff These struggles with normal daily activities are not uncommon for the more than 2 million Americans who have rheumatoid arthritis (RA) a chronic and often debilitating autoimmune disease in which the body's immune system attacks healthy joint tissue The disease can lead to severe deformity and disability that can be permanent.

To help raise awareness of RA, the Arthritis Foundation, together with Hoechst Marion Roussel, is launching a new national education campaign to encourage people who think they might have arthritis and to remind physicians to diagnose and treat rheumatoid arthritis early. Early intervention can help limit the disease's impact and slow the potentially crippling effects of the chronic condition. The nationwide disease awareness campaign, called ÓEDIT RAÓ or Early Diagnosis, Intervention and Treatment of Rheumatoid Arthritis, will include local patient workshops throughout the U.S., a free brochure for consumers and materials for health care professionals about the latest developments in the disease.

"Rheumatoid arthritis is a painful and potentially disabling autoimmune disease that can cause permanent damage, especially if not treated aggressively and early We are encouraging people who think they may have RA to recognize the symptoms and take action early by visiting a physician or arthritis specialist," said Bill Mulvihill, chair of the Arthritis Foundation, who himself has RA. "Early diagnosis and treatment are vital and can significantly improve people's ability to perform daily activities and stay active."

Symptoms of RA

RA can be difficult to diagnose because of its subtle and varied symptoms. Common symptoms include joint swelling, sensation of heat in the joints, limited ability to move certain joints and the appearance of nodules or lumps under the skin. In addition, RA patients often complain about feeling tired all the time as well as a feeling of persistent joint stiffness in the morning. Symptoms of RA include fatigue; joint soreness, persistent stiffness and pain; joint pain on both sides of the body (symmetrical in pattern); lumps or rheumatoid nodules under the skin such as the back of the elbows (approximately one-quarter of people with RA have nodules); and occasional fever and malaise.

If you think you may have RA, you should visit your doctor right away. Together you can develop a comprehensive treatment plan to modify your disease. To diagnose RA, your physician will probably take a complete medical history, perform a physical examination and conduct a series of blood tests and/or X-rays.

Critical Time

RA is not only physically disabling, but can also cause a great deal of emotional stress. It is estimated that more than half of all patients with RA have to stop working within 10 years of diagnosis. In addition, many people with RA also experience psychological difficulties such as depression, dependency, anxiety and family discord.

"Rheumatoid arthritis can be very debilitating, especially if not properly managed. Because much of the joint damage typically occurs within the first two years of disease onset, it is critical that we treat patients early to slow disease progression," said Steve Abramson MD, medical advisor to the Arthritis Foundation and chairman, Department of Rheumatology, at the Hospital for Joint Diseases in New York.

Treatments to Disease

Although there is no cure for rheumatoid arthritis, there are medications available to help slow the progression of the disease, control symptoms and allow people to continue to lead more active lives. Rheumatologists now advocate early treatment with disease-modifying antirheumatic drugs (DMARDs) because studies suggest early intervention offers important benefits. DMARDs are unique among therapies for rheumatoid arthritis in that they not only relieve symptoms, such as pain and swelling, but also modify the disease by slowing its progression.

As part of the EDIT RA campaign, the Arthritis Foundation, in partnership with Hoechst Marion Roussel, is hosting a series of local patient workshops throughout the country to educate people about the disease and encourage them to seek early treatment. To find out more about patient workshops in your area, call your local Arthritis Foundation chapter. If you would like to receive a free brochure on RA including information on the EDIT RA campaign, call the toll-free Arthritis Foundation information line at 1-800-283-7800.

How to Dial Away Morning Sickness

(NAPS) Few things can dampen the excitement of pregnancy quicker than an intense case of morning sickness. For centuries, expectant women and their doctors have sought new, safe measures for alleviating these symptoms, usually to no avail. Traditionally, women have tried to relieve symptoms of morning, or all-day, sickness, by eating dry toast or soda crackers

A new treatment, called the ReliefBand", is offering mothers-to-be a new option. The first and only medical device to receive regulatory clearance for treating nausea and vomiting due to morning sickness, the ReliefBand is a drug-free, non-invasive device available by prescription only The device looks like a watch or bracelet and is worn on the underside of the wrist, emitting a low-level electrical current that stimulates the nervous system to relieve the symptoms of morning sickness.

The ReliefBand, which can be worn throughout the day and adjusted to meet the needs of each individual, has a simple dial that lets the user control the intensity level of the electrical impulse. Most women are relieved of their symptoms within minutes.

"Since I've started using the ReliefBand, my life has just been so much easier," said Karla Noble-Fowler, a patient using the device. "I can cook food, smell food, eat food My family is much happier and I'm just in good spirits and happy all the time now. I would recommend the ReliefBand to my friends that are pregnant now."

Developed by Woodside Biomedical, the ReliefBand must be prescribed by a physician for use during pregnancy. It has also received regulatory clearance for treating nausea and vomiting due to chemotherapy and motion sickness. The device is not indicated for individuals who have cardiac pacemakers. For more information on the ReliefBand, call (800) 973-0378 or log on to www.reliefband.com

HUD Budget Will Expand and Preserve

From Page 7

ties, especially in inner cities and older suburbs

Other Programs

*A $45 million increase for HUD's homeless assistance and prevention programs for a total of over $1 billion, to help ensure the continued success of the innovative Continuum of Care strategy. The additional funding will support coordinated community approaches to moving homeless people and families to stable, permanent housing and into jobs and self-sufficiency.

*A $7 million increase to provide $232 million for the Housing for Persons With AIDS (HOPWA) program, which provides a broad range of housing and service assistance.

*A $4 million increase to provide $44 million to fight housing discrimination. The increase will fund HUD's groundbreaking nationwide audit of housing discrimination. The audit will provide an in-depth examination of discriminatory barriers and create a detailed understanding of the patterns of discrimination in housing for rent and for sale nationwide. This is the first such effort to include all of America's major racial/ethnic groups and to cover urban, suburban, and rural communities.

The budget also preserves and makes permanent HUD's innovative Community Builders Program, which has made HUD more responsive and effective in serving the American people. The Community Builders have been widely praised by independent experts on government reinvention, including: Booz-Allen & Hamilton, Ernst & Young, Andersen Consulting, Harvard's Kennedy School of Government, and author David Osborne. The budget preserves the jobs of the 400 Community Builders serving in permanent positions. The additional 400 Community Builders serving in two-year temporary positions will be allowed to serve in those positions until September 1st, 2000. They will be able to compete for 400 new permanent Community Builder positions.

The budget also continues funding at 1999 levels for the following programs: $1.6 billion for the HOME program allowing HUD to continue to utilize this important tool for enhancing the capacity of the nation's affordable housing producers; $43 million for the Youthbuild program that provides educational and job skills training for at-risk youth while expanding the supply of affordable housing; $80 million to reduce health hazards from lead-based paint; and $25 million for HUD's Office of Rural Housing and Economic Development for affordable housing, economic development and capacity building efforts in rural and Native American tribal areas. The budget also increases funding for the Section 811 housing program for people with disabilities to $201 million from $194 million in 1999.

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